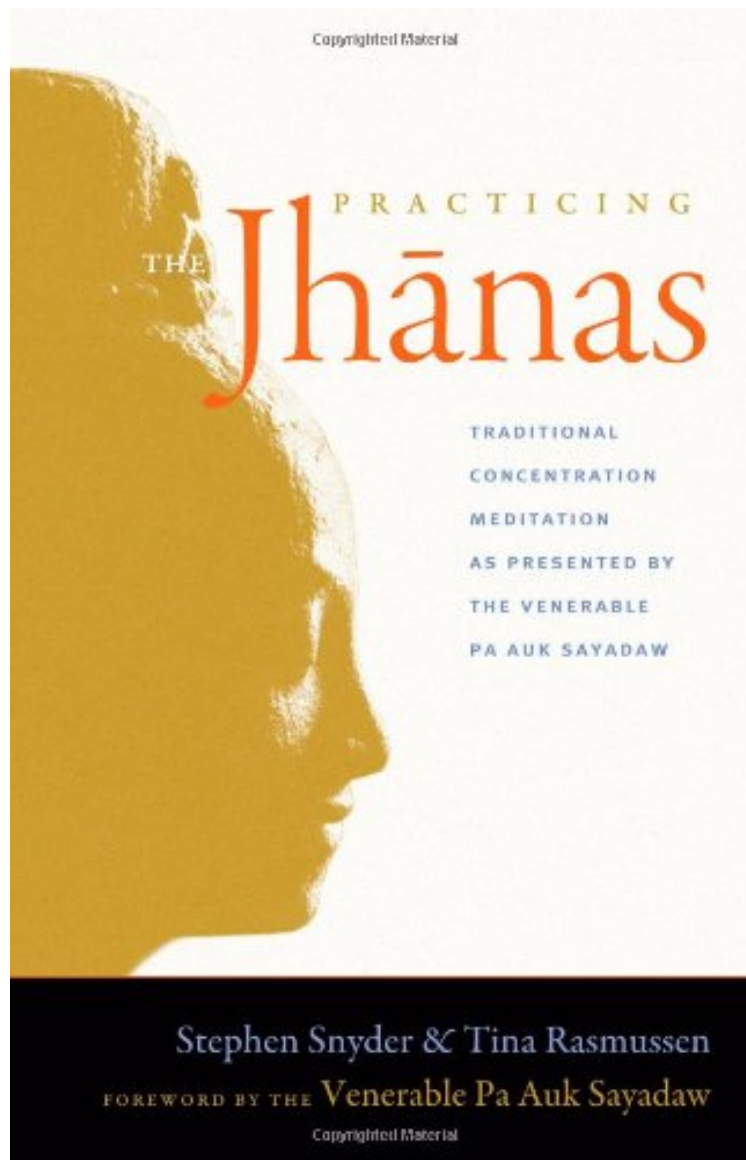


[FREE] Practicing the Jhanas: Traditional Concentration Meditation as Presented by the Venerable Pa Auk Sayadaw

Practicing the Jhanas: Traditional Concentration Meditation as Presented by the Venerable Pa Auk Sayadaw

Stephen Snyder, Tina Rasmussen

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#681095 in Books Snyder, Stephen/ Rasmussen, Tina/ Sayadaw, Pa Auk (FRW) 2009-12-01 2009-12-01 Original language: English PDF # 1 8.40 x .50 x 5.50l, .48 #File Name: 159030733X160 pages | File size: 79.Mb

Stephen Snyder, Tina Rasmussen : Practicing the Jhanas: Traditional Concentration Meditation as Presented by the Venerable Pa Auk Sayadaw before purchasing it in order to gage whether or not it would be worth my time, and all praised Practicing the Jhanas: Traditional Concentration Meditation as Presented by the Venerable Pa Auk

Sayadaw:

2 of 2 people found the following review helpful. Good Start But Needs Abhidhamma study as companion
By Dominique La Gardei really do not know where to start. First, My Jhana practice is Abhidhamma based. I can only say this book got me started. To say you learned Jhana meditation from it is not accurate. My closest analogy would be to say that you bought a book on how to drive a five speed manual transmission car and practiced shifting the gears standing still and you think you learned to drive. The Jhanas are closely tied to Abhidhamma study in the sense that learning the whole process is essential and not just the form of meditation. This book will get you started but there is more to Jhana meditation than shifting the gears between the Jhanas. Buy it as a first step.
6 of 7 people found the following review helpful. Nice complement
By Thiago Silva This is a book written by two students of Pa Auk Sayadaw and their experience practicing all material/imaterial jhanas according to the ven. curriculum (which is heavily based on the Visuddhimagga). I have gone through a lot of books and manuals that cover samatha/jhana practices, both classical (tipitaka, Visuddhimagga) and modern (Shaila Catherine's, Banthe Gunaratana's, Joseph Goldstein's, Pa Auk Sayadaw's, ...). Considering my own study and practice on how to reach the 1st jhana, after reading one, every other modern manual added very little -- though personally, in a significant way. This book did the same for me. The little details on going through each jhana (like the insistence on anapanasati focus during the entire day, the mastery programme summary, etc) counted for me as very informative and extremely valuable (helping me diagnose problems with my practice) and inspiring complementary notes. After all, it always helps to read someone's testimony to boost the confidence and put more energy to go the extra mile. I don't think however this book would be comprehensible for someone who is alien to orthodox/theravada buddhist meditation. I see it as mostly a complementary addition to an actual body of material (like the books mentioned above). Having said that, and on another aspect, I agree with one reviewer, which I quote: "I have to say that this book is important. Because it articulates an ancient practice in terms that are understandable and accessible for our time"
3 of 3 people found the following review helpful. An important gem.
By honesty counts I have to say that this book is important. Because it articulates an ancient practice in terms that are understandable and accessible for our time. I am moved to write a review because I feel, for those inclined toward Jhana practice, Tina and Stephen are two important teachers on this particular path. Reading this book is one thing, actual participating on a retreat is another. I encourage anyone who is interested in learning the Jhana path to sit with these two teachers. They are very heart centered people, and help create a wonderful container for this practice to be learned. What I have noticed about their retreats is they deeply respect every person they interact with. They also are sometimes humorous which helps immensely when practicing this form of meditation. This book is important, and, it is also a stepping stone - sitting in retreat is so wonderful! I highly recommend that as much as reading about it.

This is a clear and in-depth presentation of the traditional Theravadin concentration meditation known as jhana practice, from two authors who have practiced the jhanas in retreat under the guidance of one of the great living meditation masters, Pa Auk Sayadaw. The authors describe the techniques and their results, based on their own experience.

Finely constructed meditation manual.
Buddhadharma Clear and in-depth. Practicing the Jhanas explains difficult concepts and ideas in an accessible format and enriches the readers understanding of meditation.
Yoga Magazine (UK) Stephen Snyder and Tina Rasmussen know what they write about in this book through their own direct experience as dedicated yogis. This book serves as a bridge for Westerners, as a conduit to the traditional teachings of the Buddha.
Venerable Pa Auk Sayadaw This is a unique road map to the extraordinary and transforming states of mind known as the jhanas. As a psychologist and as a practicing Buddhist, I recommend this book wholeheartedly.
Rick Hansen, PhD, co-author of *Buddha's Brain: The New Neuroscience of Happiness, Love, and Wisdom* Practicing the Jhanas is a wonderful addition to our understanding of concentration practice. Tina Rasmussen and Stephen Snyder draw on a wealth of personal experience to clearly elucidate and fine-tune this profound meditative path. Highly recommended.
Joseph Goldstein, author of *A Heart Full of Peace* and *One Dharma* A fascinating look at the inner experience of jhana meditation as taught by the Ven. Pa Auk Sayadaw. Tina and Stephen are among a very few Western students of Sayadaw who can speak authoritatively about these profound levels of concentration. Their work is a most valuable addition to the contemporary literature of Theravadin Buddhism.
Guy Armstrong, teacher, Spirit Rock Meditation Center This book will be of interest to any dedicated meditator, regardless of their style of practice. It provides a valuable contribution to the growing understanding of jhana and its important place in Buddhist meditation.
Richard Shankman, author of *The Experience of Samadhi* About the Author Stephen Snyder began practicing Zen Buddhism in 1976 and has had a daily meditation practice from that time on. He has practiced for twenty years with Western Zen masters. Stephen attended a two-month retreat with Ven. Pa Auk Sayadaw in 2005. He attained the eight jhanas (as well as other practices) in the span of the retreat, becoming the first American male to complete this attainment in the lineage of Ven. Pa Auk Sayadaw.
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